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Abstract of the Disclosure

5 A personal activity monitor adapted to be supported on the body of the
user, preferably on the wrist, includes a motion sensor such as an accelerometer
to generate electrical signals as a function of body motion. The monitor also
includes an electronic clock and a memory for recording signals representative
of the motion of the housing and their time of occurrence. User entry keys on
the monitor allow the entry of signals representative of the time of food
consumption and the beginning and end of exercise activity. Other activity and
condition sensors may be supported on the monitor such as pulse rate detector,
10 camera for recording images of food consumed, barcode reader and the like.
The output of the memory is useful in weight control and fitness logging
systems.

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